

# Kriya Yoga Procedures

(To Combat Planetary Faults)



Kowta Markandeya Sastry

**SIVAM**

# **Kriya Yoga Meditation Procedures**

**(To Combat Planetary Faults)**



Sahasrara (Ravi-Sun)

Kumbham (Aquarius) Agna (Budha-Mercury) Meenam (Pisces)

Dhanus (Sagittarius) Visuddha (Sukra-Venus) Makaram (Capricorn)

Tula (Libra) Anahata (Chandra-Moon) Vrushchikam (Scorpio)

Simha (Leo) Manipura (Kuja-Mars) Kanya (Virgo)

Mithunam (Gemini) Swadhistaana (Guru-Jupiter) Karakaatakam (Cancer)

Mesham (Aries) Moolaadhara (Sani-Saturn) Vrishabham (Taurus)

Note: One ton of theory is equivalent to one ounce of theory.

Get into long meditation. That is take a long breath. Hold it as long as possible.

Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound. When you cannot hold the breath further, then exhale it or breath out.

Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound. If you get samadhi in any chakra just cease all other activities like proceeding to upper chakra etc. Samadhi means sama (merging with) adhi( Paramatma). Do long hansas till you get Samadhi.

### **Practicing Kriyas (Anushtaana Vedanta)**

Meditation procedure in Kriya yoga Dhyanamandir, DN 76, Devinagar, R.K.Puram Gate, Secunderabad 500056, Telengana. Ph: 09440364945, 09440364947.

# Introduction:

There are 72,000 subtle nadis in human body. Out of these three nadis, Ida, Pingala and Sushumna, are very important. They start from mooladhara in Spinal cord and travel together upto Agna Positive, the space between the two eye brows in the forehead. From Kootastha Sushumna only travel up to Sahasrara in Brahmarandhra, the middle top of the head.

With Kriyayoga Sadhana, the Sadhaka, meditator, has to awaken the Kundalini, the individualized Maya, and direct it to the Sahasraara through the subtle nadi Sushumna in the Spinal cord, Merudanda. The awalened Kundalini shall pass through the Chakras, the junction boxes, Mooladhara, Swadhisthaana, Manipura, Anahata, Visuddha, Agna negative, Agna positive, and reaches Sahasrara Chakra, the 1000 petalled one. This the ideal and ultimate goal for a Sadhaka.

The for and against forces in this Sadhana is the Mahabharata war.

The awakened Kundalini crossing Mooladhara (Sahadeva), Swadhisthaana(Nakula), Manipura (Arjuna), Anahata(Bheema) and Visuddha (Yudhistira) Chakras is what is called Draupadi marrying Five Pandavas.

The Sadhak has to break/cross three Granthis in his Sadhana.

They are:

(1) Brahmagranthi, (2) RudraGranthi and (3) Vishnu Granthi.

Brahmagranthi, The first one, is in the field of Kurukshetra spreading from Mooladhara (Sahadeva), and up to Manipura (Arjuna). This is related to human body, Sthoola Shareer, and hence body consciousness, Manava chetana. This is always entangled with human relations and causes Physical pain/problem of one or the other during Sadhana, Meditation, and shall not make the Sadhana to move forward. The Physical body that exists from time immemorial shall have Physical pain/problem, one or the other, is but natural.

That is the reason to say,' Adi Bhautika Shanti'. For Adi Bhautika Shanti Asana Siddhi, firm posture, is essential.

Rudra Granthi is the next one the meditating man has to cross. This is in the field of Kurukshetra-Dharmakshetra spreading from up above Manipura and up to Agna negative, in the vicinity of Pituitary Gland. This is related to subtle body, Sookshma Shareer, and hence mind consciousness, Manasika chetana. This always makes the mind to entangle with innumerable thoughts, one or the other during Sadhana, Meditation, and shall not make the Sadhana to move forward. The Subtle body that exists from time immemorial shall have this thought problem, one or the other, is but natural. That is the reason to say,' Adi Daivika Shanti'. For Adi Daivika Shanti Dharana, steady mind, is essential. The last and final one is Vishnu Granthi.

Vishnu Granthi is in the field of Dharmakshetra spreading from up above Agna negative, in the vicinity of Pituitary Gland, to Sahasraara. This is related to Idea body, Karana Shareer, and hence God consciousness, Adhyatmika chetana. This always makes the Sadhak to come out of Sadhana, on one pretext or the other during Sadhana, Meditation, and shall not make the Sadhana to move forward. The Idea body that exists from time immemorial shall have this Sadhana disturbance problem, one or the other, is but natural. That is the reason to say,' Adhyatmiika Shanti'. For Adhyatmika Shanti, Dhyana, one pointedness, is essential.

In our body 72,000 subtle nadis exist in our body. They are not visible to the naked eye. For distant(Tele) objects measuring (Scope) i.e., Telescope is required. To measure smallest indivisible particles Micro Scope is required. Similarly to see the subtle nadis THIRD EYE in kootastha is required.

Amongst them three nadis, Ida (left side in the spinal cord), Pingala (right side) and Sushumna (in the middle of spinal cord), are very important.

All three nadis, Ida , Pingala and Sushumna, start from Moolaadhara chakra and travel upto Kootastha, the space between the two eye

brows in the fore head. Both Ida and Pingala stop at Kootastha. Ida goes to left, and Pingala goes to right side on the fore head. Sushumna travels further and goes up to Sahasraara underneath the Brahmastrandhra in the middle top surface of the head.

Yogis and men of Pure wisdom shall travel thro Sushumna while leaving this Physical body at death.

Ida on the left side in the spinal cord spreads up to left side of the nostril which is called Chandranadi. Pitrunadi or Krishnayaana nadi. Men lagging pure wisdom and desirous of fruits of their works shall pass through this Ida Nadi at death.

Pingala on the right side in the spinal cord spreads upto right side of the nostril which is called Surya nadi. Deva nadi or Suklayaana nadi. Men undesirous of fruits of their works shall pass through this Ida Nadi at death.

### **Yogi, Bhogi and Rogi:**

One Hamsa = one Breath in - and one Breath out

Healthy man shall do 21,600 Hansas(Breaths in - and Breaths out) in 24 Hours. That amounts to 15 Hansas per minute.

The one who takes 15 Hansas per minute is called BHOGI.

The one who takes less than 15 Hansas per minute is called YOGI.

The lesser the Hansas per minute he takes, greater the yogi he is.

The one who does more than 15 Hansas per minute is called ROGI.

Rogi means the one who is having disease/ill health. The more the Hansas per minute he takes , more the rogi he is.

A tortoise does very very less Hansas in a day and hence live more than thousand years. The ideal of every yogi is to do as much less Hansas in a day as possible. Sama means to merge with and adhi means God the father.

Hansas should be quite longer as per your capacity. Apply KHECHARI mudra. That is put your tongue back into the gullet by folding it back.



The healthy man/woman does 600Hansas in 96 minutes in Mooladhara chakra, 6000Hansas in 144 minutes in Swadhistaana chakra, 6000Hansas in 240minutes in Manipura chakra, 6000 Hansas in 288minutes in Anaahata chakra, 1000Hansas in 384minutes in Visuddhachakra, 1000Hansas in 48minutes in Agna+chakra and 1000Hansas in 240minutes in Sahasraarachakra.

$96+144+240+288+384+48+240\text{Minutes}=24\text{Hours}=\text{One day.}$   
To merge with God the Father is Samadhi. After getting Samadhi enjoy the beatitude. No need to do further Kriyas till the Samadhi lasts.

Kundalini is like a coiled serpent underneath the anus. This is called Draupadi in Mahabharata, Padmavati in Tirupati Balaji Charitra and Sita in Ramayana.

When the sleeping Kundalini awakens, one may get heaviness in the head, ticklish sensation in the spinal cord, pricking sensation in the neck etc. This depends upon the location of Kundalini in the spinal cord. If it is unbearable meditate in Mooladhara.

Sampragnaata Samadhi means doubt ridden Samadhi and Asampragnaata Samadhi means doubtless Samadhi. Here doubt means whether I (meditator or sadhak) shall reach God through this meditation or not? When Kundalini is awakened and if it raises upto Mooladhara, Sadhaka will have 80% doubt, Swadhistaana 60% doubt, Manipura 40% doubt and Anahata 20% doubt. When awakened Kundalini raises upto Visuddha then sadhak gets Asampragnaata Samadhi means doubtless Samadhi.

The usefulness of Meditation in Chakras is given below:  
Chakra Amelioration Mooladhara

Swadhistaana Sinusitis, Cough, cold & Catarrh, Diarrhoea, Constipation, removal of diseases related to Lymph system, Prostrate glands, Bones and Mind

Urino-Genital Systems, Spinal Cord, Appendix, Tongue, & removal of Anger.

Manipura  
Anahata

Visuddha Diabetes, Paralysis, Spleen, Eyes, Anus, Abdomen,  
removal of negative thoughts, Peace and tranquility.

Asthma, Breathing related problems, phobia, anxiety, grief, diseases  
related to heart, improving immunization capacity, blood purification,  
removal of revengefull and harmful attitude, improving love&affection

Asthma, Breathing related problems, Allergy, T.B., Arthritis, removal  
of Suicidal tendency

Agna  
negative

Agna  
Positive Removal of diseases related to penal glands, mental  
problems, enrgising the constituents of body, helps in getting good  
Offspring

Head ache, Tension, Cancer, depression, Revengeful attitude,  
improving memory power, energizing Central nervous system.  
Sahasraara Energizing all nervous systems, improves sperm count.

These Mudras are to be applied according to chakras.

Mooladhaara– Prihvee mudra -- press ring finger and Thumb  
together, rest of the fingers straight.

Swaadhistaana– Varuna mudra - press little finger and Thumb  
together, rest of the fingers straight.

Manipura– Agni- Press ring finger and root of the Thumb together,  
rest of the fingers straight.

Anaahata– vaayu- Press index finger and root of the Thumb together,  
rest of the fingers straight.

Visuddha–Soonya- Press middle finger and root of the Thumb  
together, rest of the fingers straight.

Agnaa negative– Gnaana Mudra - Press index finger and Thumb  
together, rest of the fingers straight.

Kootastha or Agnaa Positive—Gnaana Mudra- Press index finger and Thumb together, rest of the fingers straight.

Sahasraara – Sahaja Mudra- Clasp all the fingers of both the hands , press the pelvis underneath the navel. The two thumbs should be put in navel. Press the navel with both the thumbs.

Do the following prayer before energisation exercises:

Heavenly Father, it is thou who dost directly sustain my body. Awaken within me conscious will conscious health conscious vitality conscious realization. Oh eternal youth of body and mind abide in me forever and forever. Om Santi. Om Santi. Om Santi. Then do energisation exercises.

Then Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or Sahaja Mudra. Face east or north. Get relaxed. Fix the gaze in kootastha.

# Prayer before starting of Sadhana:

## Prayer 1

Brahmanandam parama sukhadam kevalam gnaana moortim  
Dwandwaateetam gagana sadrusam Tatwamasyadhi lakshyam  
ekam nityam vimalam achalam sarvadhi saakshee bhootam  
bhaavaateetam trigunarahitam sadgurum tam namami.

## Prayer 2

Heavenly Father, Mother, Friend, Beloved God, Bhagavan Srikrishna,  
Jesus Christ, Mahavatar Babaji, Lahiri Mahasaya, Swami Sri  
Yukteswarji, GuruPreceptor Paramahansa Sri Yoganandaji, Saints &  
Sages of all religions, I bow to you all.

Lead me from ignorance to wisdom, desires to contentment &  
restlessness to peace.

Asatoma sadgamaya Tamasoma Jyotirgamaya, Mrityormukh sheeya  
maamruthaath

Let thy love shine forever on the sanctuary of my devotion, and may I  
be able to awaken thy love in all hearts.

## Prayer 3

**Gurur Brahmaa, Gurur Vishnu, Gurur Devo  
Maheshwaraha, Guru Saakshaat Para Brahmaa,  
Tasmai Shri Guruve Namaha !**

Initially these following Techniques are to be done.

### **Anushtaana Gayatri:**

Gayantam traayate iti Gayatri. The more you sing the more it protects  
you from unwanted thoughts.

**Om Bhoorbhu vassuvaha Tatsa vitarva renyam  
Bhargodevasya Dheemahi Dheeyoyonah**

## Prachodayat.

Om= ParaBrahman, Bhoo= embodiment of Pranava, Bhuvaha= eradicates sorrow, Suvaha= embodiment of happiness, Tat=with that, Savituhu=Effulgence, Devasya=of God, Varenyam=the best and greatest, Bhargaha=that effulgence which is the destroyer of our sins, Dheemahi=we pray, Yo=which, Naha=our(s), Dhiyaha=intellect, Prachodayaat=Provoke. Oh ParaBrahman, You are the embodiment of Pranava, You are the eradicator of sorrow, You are the embodiment of Happiness, we pray that effulgence of God, the best and greatest, which is the destroyer of our sins, so as to enhance our intellect for doing good deeds.

Poorakam= Inhalation, breath in.

Antah kumbhakam= Retention of Breath in Kootastha, the space between the eye brows.

Rechakam= exhalation, Breath out.

Baahya kumbhakam= Retention of Breath outside the body.

Poorakam+ Antah kumbhakam+ Rechakam Baahya kumbhakam= one Hamsa.

Poorakam—Take a long breath-in slowly while chanting Gayatri Mantra.

Antah kumbhakam— Retain the breath in Kootastha. Chant Gayatri Mantra while retaining it in Kootastha.

Rechakam Take a long breath-out slowly while chanting Gayatri Mantra.

Baahya kumbhakam— Retain the breath in outside the body.

Poorakam, Antah kumbhakam, Rechakam, and Baahya kumbhakam should be of equal space.

### **Procedure:**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or Sahaj Mudra. Face East or North. Get relaxed. Put your gaze fixed in Kootastha.

Do Poorakam, Antah kumbhakam, Rechakam, and Baahya kumbhakam with Gayatri Mantra.

### **2) Tense and relax Kriya with double breathing.**

#### **Procedure:**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or Sahaj Mudra. Face East or North. Get relaxed. Put your gaze fixed in Kootastha.

Take a long and steady breath-in or inhalation with double breathing. Hu hooooo. While doing this you must close slowly your fists of both the hands.

Wait for six seconds (Antah Kumbhakam).

Then do a long and steady breath-out or exhalation with double breathing out. Ha haaaaa. While doing this you must open slowly your fists of both the hands.

Wait for six seconds (Baahya Kumbhakam).

Do like this minimum 24 times. Our lungs will be energized.

### **3) Hum—saaa Kriya.**

#### **Procedure:**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or Sahaj Mudra. Face East or North. Get relaxed. Put your gaze fixed in Kootastha. Now you visualize as though the breath-in is coming through Moolaadhara, and going upto Kootastha through Swadhistaana, Manipura, Anahata, Visuddha, Agna negative and Agna positive Chakras in the Spinal cord. Similarly in return the breath-out is through Agna positive, Agna negative, Visuddha, Anahata, Manipura, Swadhistaana, and through Moolaadhara to outside the body.

During breathin say mentally “Hum” along with the breath. After breath-in retain the breath in Kootastha. While retaining the breath-in Kootastha your gaze and mind should remain fixed in Kootastha. During first breath-in only repeat first breath-in only retain it as per your capacity with effort in Kootastha.

In the next consecutive breaths-in do not put any effort to retain in kootastha.

Let it go by itself.

During breathout say mentally “saaaa” along with the breath. After breath out retain the breath outside the body as long as possible.

During first breath-out only repeat first breath-out only retain it outside

the body as per your capacity with effort.. In the next consecutive breaths-out do not put any effort to retain it outside the body Let it come by itself.

The breath should come by itself in and go by itself out. While coming in say mentally "Hum". While going out say mentally "Saaa".

Your Mind and gaze should follow the breath-in and breath-out. If the breath-in comes up to a particular Chakra, say Visuddha, then your Mind and gaze should be there. Likewise when breath-out goes up to a particular Chakra, say Swadhistana, then Your Mind and gaze should be fixed there only.

While observing the breath-in and breath-out like this, at some point of time, your mind will be interiorized and slips into Samadhi. Enjoy this Samadhi, the union with ParaBrahman, God the father.

#### **4) Listening OMKAR**

##### **Procedure:**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or Sahaj Mudra. Face East or North. Get relaxed. Put your gaze fixed in Kootastha.

Close your both the ears, with the Thumbs of both the hands.

Press the corners of both the eyes with little fingers of both the hands.

Put the rest of the fingers of both the hands rest on fore head.

Now take a very long breath-in slowly and steadily. Retain it can.

as long as you Now take a very long breath-out slowly and steadily.

Retain it can.

as long as you

During these breaths-in and breathsout try to listen the sacred sound of "OM" with rapt attention. Now cease all other activities. Merge with OM. Slip into Samadhi, the union with ParaBrahman, God the father.

## **Now do Mahamudra.**

**Do 108 Kriyas with Khechari Mudra. Do Jyoti Mudra applying Khechari Mudra.**

Behold the THIRD EYE. Get into the inner most silver effulgent triangle and merge with it. Enjoy the bliss.

Then get into long meditation. That is take a long breath. Hold it as long as possible. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

When you cannot hold the breath further, then exhale it or breath out. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

If you get samadhi in any chakra just cease all other activities like proceeding to upper chakra etc.

Samadhi means sama (merging with) adhi( Paramatma). Do long hansas till you get Samadhi.



## Extra kriyas:

### **1) Chanting of Om in all chakras and burning of past karma.**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or Sahaja mudra. Face east or north. Get relaxed. Fix the gaze in kootastha.

**Tense and apply consciousness on the Chakra that is being chanted.**

Tense Mooladhara that is coccy geal plexus. Tense it. Apply Prithivi Mudra. Press top of ring finger with top of thumb and keep the rest of the fingers straight. Your gaze is on Kootastha and mind or consciousness should be on Mooladhara chakra. Now chant OM.

Go to Swadhisthaan chakra that is Sacral plexus. Tense it. Apply Varuna Mudra. Your gaze is on Kootastha and mind or consciousness should be on Swadhisthaana chakra. Now chant OM.

Go to Manipura chakra that is Lumbar plexus. Tense it. Apply Agni Mudra. Your gaze is on Kootastha and mind or consciousness should be on Manipura chakra. Now chant OM.

Go to Anaahata chakra that is Dorsal plexus. Tense it. Apply Vayu Mudra. Your gaze is on kootastha and mind or consciousness should be on Anahata chakra. Now chant OM.

Go to Visuddha chakra that is cervical plexus. Tense it. Apply soonya or aakaasa Mudra. Your gaze is on Kootastha and mind or consciousness should be on Visuddha chakra. Now chant OM.

Go to Agna negative chakra that is medulla centre. Tense it. Apply Gnaana Mudra. Your gaze is on Kootastha and mind or consciousness should be on Agna negative chakra. Now chant OM.

Go to Agna positive chakra that is Kootastha. Tense it. Apply Gnaana Mudra. Your gaze is on Kootastha and mind or consciousness should be on Agna positive chakra. Now chant OM.

Again be on Agna positive chakra that is Kootastha. Tense it. Apply Gnaana Mudra. Your gaze is on Kootastha and mind or consciousness should be on Agna positive chakra. Now chant OM.

Go to Agna negative chakra, Gaze is on Kootastha and mind or consciousness should be on Agna negative chakra. Tense it. Apply Gnaana Mudra. Now chant OM.

Go to Visuddha chakra that is cervical plexus. Tense it. Apply Soonya or Aakaasa Mudra. Your gaze is on Kootastha and mind or consciousness should be on Visuddha chakra. Now chant OM.

Go to Anaahata chakra that is Dorsal plexus. Tense it. Apply Vayu Mudra. Your gaze is on kootastha and mind or consciousness should be on Anahata chakra. Now chant OM.

Go to Manipura chakra, Lumbar plexus. Tense it. Apply Agni Mudra. Your gaze is on kootastha and mind or consciousness should be on Manipura chakra. Now chant OM.

Go to Swadhisthaan chakra, Sacral plexus. Tense it. Apply Varuna Mudra. Your gaze is on kootastha and mind or consciousness should be on Swadhisthaana chakra. Now chant OM.

Go to Mooladhara that is coccy geal plexus. Tense it. Apply Prithivi Mudra. Your gaze is on Kootastha and mind or consciousness should be on Mooladhara chakra. Now chant OM. This is the completion of one cycle.

Again starting from Mooladhara go upto Agna positive and come back to Mooladhara, applying appropriate Mudra, Tensing and Chanting OM in each Chakra. Like this do complete five and half cycles and stay in Kootastha or Agna positive for few minutes hearing OM sound or seeing illumination.

Now fixing the gaze in Kootastha and mind or consciousness in Sahasraara chakra. Now chant OM 108 times. Meditate for 15minutes. If sadhaka gets Samadhi he should continue till it lasts.

This technique cleanses all the chakras and thereby keep the organs pertaining to that Chakra healthy and active.

While chanting give gap as possible between two consecutive OM chants taking full breathings. After completion of one hundred eighth OM, visualizing a fire place in front of you, surrender your past sanchita karmas of your past births into Gnana fire.

## **Yathaithamsi Samiddhognih Bhasmasaat kuruterjuna Gnaagni ssarva Karmaani Bhasmasaat kuruthe Tathaa Gita 4—37**

He Arjun, as enkindled flame will burn the firewood and make into ash, similarly the fire of wisdom burns all our Karma into ashes.

Gesticulate with hands as though you are taking out Sanchita karmas of past births from your heart and putting them in Gnana fire in front of you saying “OM SWAHA” three times.

**This technique not only burns your past sanchita karmas but also gives you the experience of Samadhi, the eternal beatitude.**

During the experience of Samadhi, SADHAKA may get heaviness in the head, ticklish sensation in the spinal cord and itching sensation in the neck. If it is unbearable go to Mooladhara and meditate. This will reduce the heaviness etc.

Then get into long meditation. That is take a long breath. Hold it as long as possible. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

When you cannot hold the breath further, then exhale it or breath out. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

If you get samadhi in any chakra just cease all other activities like proceeding to upper chakra etc.

Samadhi means sama (merging with) adhi( Paramatma). Do long hansas till you get Samadhi.

Then get into long meditation. That is take a long breath. Hold it as long as possible. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

When you cannot hold the breath further, then exhale it or breath out. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

If you get samadhi in any chakra just cease all other activities like proceeding to upper chakra etc.

Samadhi means sama (merging with) adhi( Paramatma). Do long hansas till you get Samadhi.

# Mantra dhyana:

**Mantra dhyana:** The following mantras are very useful.

Do one of these either in the morning or in the evening meditation.

## A) Chamundee mantra:

Face east. Sit straight with spinal cord erect. Fix gaze in kootastha. Do it 108 times, 41 days morning and evening. This will help us to come out of Maya and get into Trance.

Now I will chant important Moola mantra.

**Om Hraim Hreem Kreem Chaamundaayai namah**

Om - Mooladhaara – Prihvee mudra

Hraim - Swaadhistana– Varuna mudra

Hreem- Manipura– Agni

Kreem- Anahata– vaayu

Chaamundaayai - Visuddha–Soonya

Namah- Kootastha or Agnaa Positive– Gnaana Mudra

Tense and apply consciousness on these chakras. Mudra. Chant this Mantra 108 times at least for 41 evening, one will get valour and courage. One will be triumphant in his work. Or chant this Mantra in kootastha, the place between eye brows, with Gnana or Sahaja mudra. Apply appropriate days, morning and

## B) Ganapati mantra

Face east. Sit straight with spinal cord erect. Fix gaze in kootastha.

**Om Shreem Hreem Kleem Glaum Gam Ganapataye Namah Om --**

Mooladhaara– Prihvee mudra

Shreem-- Swaadhistana– Varuna mudra

Hreem -- Manipura– Agni

Kleem -- Anaahata– vaayu  
Glaum -- Visuddha–Soonya  
Gam -- Agnaa negative– Gnaana Mudra  
Ganapataye-- Kootastha or Agnaa Positive–Gnaana Mudra Namah --  
Sahasraara– Sahaja Mudra

Tense and apply consciousness on these chakras. Apply appropriate Mudra.

By chanting this mantra 108 times at least FOR 41 DAYS all round improvement will be gained. One may get into trance.  
All his obstacles will be removed.

### **C) Gayatri and Maha mrityunjaya mantras both together:**

Face east. Sit straight with spinal cord erect. Fix gaze in kootastha. First chant Gayatri. Immediately chant Maha mrityunjaya mantra. Do it 108 times, 41 days morning and evening. This will help us to come out of Maya and get into Trance.

**Om boorbhuvaswaha  
tasavitarvarenyam  
Bhargodevasya dheemahi Dheeyo yonah prachodayaatu Om  
hrom om joom saha boorbhuvaswaha Om trayambakam  
yajaamahe  
sugandhi pushtivardhanam  
Uruvaarakamiva bandhanaat  
mriyormukh shreeya maamritaat**

### **D) Lakshmi Moola Mantra**

Now I will chant another important Lakshmi Moola mantra.  
Face east. Sit straight with spinal cord erect. Fix gaze in kootastha.  
**Om hreem shreem lakshmibhyom namaha**

Om – Mooladhaara– Prihvee mudra Hreem– Swadhistana – Varuna mudra Shreem – Manipura– Agni

Lakshmibhyom– Anaahata– vaayu Namaha– Visuddha–Soonya

Tense and apply consciousness on these chakras. Apply appropriate Mudra. Chant this Mantra 108 times at least for 41 days, morning and evening, One will overcome his financial problems. Or chant this Mantra in kootstha, the place between eye brows, with Gnana or Sahaja mudra.

### **E) Saraswati Moola mantra:**

Now I will chant important Saraswati Moola mantra.

Face east. Sit straight with spinal cord erect. Fix gaze in kootastha.

**Om Shreem Hreem Saraswatyai namah**

Om - Mooladhaara – Prihvee mudra Shreem - Swaadhistana–  
Varuna mudra Hreem - Manipura– Agni  
Saraswatyai - Anaahata– vaayu  
namah - Visuddha–Soonya

Tense and apply consciousness on these chakras. Apply appropriate Mudra. Or chant this Mantra in kootstha, the place between eye brows, with Gnana or Sahaja mudra. Chant this Mantra 108 times at least for 41 days, morning and evening, one will get wonderful life.

**Chanting of BIJAKSHRAS in Chakras and manifesting of five astral bodies to burn our karma.**

**Tense and apply consciousness on the Chakra that is being chanted.**

**Aqarius (Kumbha) Saggitarus (Dhanush)**

**Libra**

**(Tula) Leo**

**(Simha) Gemini (Mithuna) Aeris**

**(Mesha) Sun (Sahasraara)**

**Mercury (Budha) Agna**

**Venus (Shukra)**

**Vishuddha**

**Moon (Chandra) Anaahata Mars (Kuja) Manipura Jupiter (Guru)**

**Swadhstaana Saturn (Sani) Moolaadhara Pisces**

**(Meena)**

**Capricorn**

**(Makara)**

**Scorpio**

**(Vrishchika) Virgo**

**(Kanya)**

**Cancer (Karkataka)**

**Taurus (Vrishabha)**

**Sunday:** (Chant 'Raaaam' 108 times in Sahasraara chakra on every Sunday Morning and evening. Get rid of Sun Dosha. chanting as given in the technique.)

**Monday:** (Chant 'Vum' 108 times in Anahata Morning and evening. Get rid of Moon Dosha. Rest of the chakras normal chanting as given in the technique.

Rest of the chakras normal

chakra on every Monday

Chant 'ka kha gag gha inja cha chha ja jhha Ini Ta thha ' 108 times in Anahata chakra on every Monday Morning and evening. Get rid of Moon Dosha. Rest of the chakras normal chanting as given in the technique.)

**Tuesday:** (Chant 'Rum' 108 times in Manipura on every Tuesday Morning and evening. Get rid of Mars Dosha. Rest of the chakras normal chanting as given in the technique.

Chant 'da dha nna tha thha da dhha na pa pha ' 108 times in Manipura on every Tuesday Morning and evening. Get rid of Mars Dosha. Rest of the chakras normal chanting as given in the technique.)

**Wednesday:** (Chant 'OM' 108 times in Agna negative chakra on every Wednesday Morning and evening. Get rid of Mercury Dosha. Rest of the chakras normal chanting as given in the technique.



Chant 'Ha ksha' 108 times in Agna negative chakra on every Wednesday Morning and evening. Get rid of Mercury Dosha. Rest of the chakras normal chanting as given in the technique.

(Chant 'OM' 108 times in Agna Positive chakra on every Wednesday Morning and evening. Get rid of Mercury Dosha. Rest of the chakras normal chanting as given in the technique.

Chant 'Ha ksha' 108 times in Agna Positive chakra on every Wednesday Morning and evening. Get rid of Mercury Dosha. Rest of the chakras normal chanting as given in the technique.)

**Thursday:** Chant 'Vum' 108 times in Swadhistaana chakra on every Thursday Morning and evening. Get rid of Jupiter Dosha. Rest of the chakras normal chanting as given in the technique.

Chant 'ba bha ma ya ra la' 108 times in Swadhistaana chakra on every Thursday Morning and evening. Get rid of Jupiter Dosha. Rest of the chakras normal chanting as given in the technique.)

**Friday:** (Chant 'Hum' 108 times in Vishuddha chakra on every Friday Morning and evening. Get rid of Venus Dosha. Rest of the chakras normal chanting as given in the technique.

Chant 'aa aaaa yi yeee ou oooo ru roooo lu looo ye ayi o oau am aha' 108 times in Sahasraara on every Friday Morning and evening. Get rid of Venus Dosha. Rest of the chakras normal chanting as given in the technique.)

**Saturday:** (Chant 'Lum' 108 times in Mooladhaara on every Saturday Morning and evening. Get rid of Saturn Dosha. Rest of the chakras normal chanting as given in the technique.

Chant 'va ssa sha sa' 108 times in Mooladhaara on every Saturday Morning and evening. Get rid of Saturn Dosha. Rest of the chakras normal chanting as given in the technique.

**Now the technique:**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or Sahaja mudra. Fix the gaze in kootastha. Face East or North. Get relaxed. Go to Mooladhara chakra or Coccy geal plexus. Tense it. Apply Prithivi Mudra. Concentrate on Mooladhara Chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha. Mooladhara chakra has four rays.

Chant the bijakshar “LUM”. Consecutively four times. Take full breath as long as possible asper your capacity after each “LUM”. Kundalini starts raising with the chanting of Bijakshar “LUM” here.

Also chant VA SSA SHA & SA—the relevant letters.

Now go to Swadhisthana chakra that is Sacral plexus. Tense it. Apply Varuna Mudra. Concentrate on swadhisthana Chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha. It has six rays.

Chant the bijakshar “VUM” consecutively six times. Take full breath as long as possible as per your capacity after each “VUM”. Kundalini continues its raising with the chanting of Bijakshar “VUM” here.

Also chant BA BHA MA YA RA & LA—the relevant letters.

Now go to Manipura chakra that is Lumbar plexus. Tense it. Apply Agni Mudra. Concentrate on Manipura Chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha. It has ten rays.

Chant the bijakshar “RUM” Consecutively ten times. Take full breath as long as possible as per your capacity after each “RUM”. Kundalini continues its raising with the chanting of Bijakshar’ “RUM” here.

Also chant DA DHA NA TA THHA DA DHA NA PA & PHA— the relevant letters.

Now go to Anahata chakra that is Dorsal plexus Tense it. Apply Vayu Mudra. Concentrate on Anahata Chakra that is your mind or consciousness should be on this Chakra and gaze should be in

Kootastha. It has twelve rays. Chant the bijakshar “YUM” consecutively ten times. Take full breath as long as possible as per your capacity after each YUM. Kundalini continues its raising with the chanting of Bijakshar “YAM” here.

Also chant KA KHA GA GHA INJA CHA CHHHA JA JHHA INI TA TTHA

–the relevant letters.

Now go to Visuddha chakra that is Cervical plexus. Tense it. Apply Sunya or Akasa Mudra. Concentrate on Visuddha Chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha. It has sixteen rays. Chant the bijakshar “HUM” consecutively sixteen times. Take full breath as long as possible as per your capacity after each “HUM”. Kundalini continues its raising with the chanting of Bijakshar “HUM” here.

Also chant A AAA E EEE U UUU RRU RROO LLU LLOO YE AI O OAU AM AHA– the relevant letters.

Now go to Agna negative chakra that is Kootastha. Tense it. Apply Gnana Mudra. Concentrate on Agna negative chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha. It has TWO rays. Chant the bijakshar “OM” consecutively 2 times. Take full breath as long as possible as per your capacity after each “OM”. Also chant HA KSHA– the relevant letters.

Now go to Agna positive chakra that is Kootastha. Tense it. Apply Gnana Mudra. Concentrate on Agna positive chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha.

It has TWO rays. Chant the bijakshar “OM” consecutively 2 times. Take full breath as long as possible as per your capacity after each “OM”.

Kundalini continues its raising with the chanting of Bijakshar “OM” here. Also chant HA KSHA– the relevant letters.

Now go to Sahasrara chakra on the top of the head underneath the Brahma randhra. Tense it. Apply Sahaja Mudra. Take breath as long as possible as per your capacity. Concentrate on Sahasrara chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha. It has THOUSAND rays.

Chant the bijakshar “RAAAM” one time.

Now do exhalation with double breathing.

Now continue meditation in Sahasrarachakra.

**Now manifest five Astral bodies.**

Do not manifest more than five astral bodies anchored to your Kootastha, the place between eye brows. Just visualize that you have manifested five Astral bodies. You think firmly that you are experiencing your sanchita karmas of past births in these manifested five astral bodies. Now say mentally this affirmation:

**OH LAW OF KARMA,** In my divine vision I had manifested five astral bodies with deep concentration and divine consciousness. now I had worked out my past karma of my past births in these manifested astral bodies. Now I am free.

Say this five times for five astral bodies.

Now say, Om Adi bhouthica Shanti, Om Adi Daivica Shanti, Om Adhyatmica Shanti, Om Prithvi Shanti, Om aapah Shanti, Om Tejo Shanti, Om vaayu Shanti, Om Aakasho Shanti, Om antariksho Shanti, Om vanaspatayah Shanti, Om aushadhayah shanty, Om Shantireva shaanti, OM Shanti, OM Shanti, OM Shanti.

Then get into long meditation. That is take a long breath. Hold it as long as possible. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

When you cannot hold the breath further, then exhale it or breath out. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

If you get samadhi in any chakra just cease all other activities like

proceeding to upper chakra etc.

Samadhi means sama (merging with) adhi( Paramatma). Do long hansas till you get Samadhi.

### **10) Vibrating the chakras to get into Samadhi plus removal of planetary faults.**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra or sahaja Mudra. Face east or north. Get relaxed. Fix the gaze in kootastha.

Go to Mooladhara chakra or Coccy geal plexus. Tense it. Apply Prithivi Mudra. Concentrate on Mooladhara Chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha. Mooladhara chakra is having four (4) rays. Tense it. Now rotate this Mooladhara chakra four times vertically clockwise and four times vertically anticlockwise. Similarly rotate this chakra four times Horizontally clockwise and four times Horizontally anticlockwise.

Do four long Hansas.

Now go to Swadhisthana chakra that is Sacral plexus. Tense it. Apply Varuna Mudra. Press top of little finger with top of thumb. Keep the rest of the fingers straight. Concentrate on Swadhisthana Chakra that is your mind or consciousness should be on this Chakra and gaze should be in Kootastha.

Swadhisthana Chakra is having six (6) rays. Tense it. Now rotate this chakra six times vertically clockwise and four times vertically anticlockwise. Similarly rotate this chakra orizontally clockwise and six times Horizontally anticlockwise. Do six long Hansas.

Now go to Manipura chakra that is Lumbar plexus. Tense it. Apply Agni or surya Mudra. Press top of ring finger with root of thumb. Keep the rest of the fingers straight. Concentrate on Manipura Chakra that is your mind should be on this Chakra and gaze should be in Kootastha.

Manipura Chakra is having Ten (10) rays. Tense it. Now rotate this chakra ten times vertically clockwise and Ten times vertically anticlockwise. Similarly rotate this chakra Ten times Horizontally clockwise and Ten times Horizontally anticlockwise. Do ten long Hansas.

Now go to Anahata chakra that is Dorsal plexus. Tense it. Apply Vayu Mudra. Press top of Index finger with root of thumb. Keep the rest of the fingers straight. Concentrate on Anahata Chakra that is your mind should be on this Chakra and gaze should be in Kootastha.

Anahata Chakra is having Twelve (12) rays. Tense it.

Now rotate this chakra Twelve (12) times vertically clockwise and Twelve (12) times vertically anticlockwise. Similarly rotate this chakra Twelve (12) times Horizontally clockwise and Twelve (12) times Horizontally anticlockwise. Do twelve long Hansas.

Now go to Visuddha chakra that is Cervical plexus. Tense it. Apply Sunya or Akasa Mudra.. Press top of middle finger with root of thumb. Keep the rest of the fingers straight. Concentrate on Visuddha Chakra that is your mind should be on this Chakra and gaze should be in Kootastha.

Visuddha Chakra is having Sixteen (16) rays. Tense it. Now rotate this chakra sixteen (16) times vertically clockwise and sixteen (16) times vertically anticlockwise. Similarly rotate this chakra sixteen (16) times Horizontally clockwise and sixteen (16) times Horizontally anticlockwise. Do sixteen long Hansas.

Now go to Agna Negative chakra that is Medulla centre. Tense it. Apply Gnana Mudra. Press top of Index finger with top of thumb. Keep the rest of the fingers straight. Concentrate on Agna Negative chakra that is your mind should be on this Chakra and gaze should be in Kootastha. Agna Negative chakra is having two (2) rays.

Tense it. Now rotate this chakra 18 times vertically clockwise and anticlockwise. Similarly rotate this chakra 18 times Horizontally clockwise and Horizontally anticlockwise. Do 18 long Hansas.

Now go to Agna Positive chakra in Kootastha. Tense it. Continue Gnana Mudra Concentrate on Agna Positive chakra that is your mind should be on this Chakra and gaze should be in Kootastha.

Agna Positive chakra is having two (2) rays. Tense it. Now rotate this chakra 20

times vertically clockwise and anticlockwise. Similarly rotate this chakra 20

times Horizontally clockwise and anticlockwise.

Do 20 long Hansas.

Now go to Sahasrara chakra on the top of the head underneath the Brahma randhra. Tense it. Apply Linga Mudra. Join the fingers of both hands and press them in. Erect one thumb. Do 21 long Hansa.

Concentrate on Sahasrara chakra that is your mind should be on this Chakra and gaze should be in Kootastha. Sahasrara chakra is having Thousand (1000) rays.

Tense it. Now rotate this chakra 21 times vertically clockwise and anticlockwise. Similarly rotate this chakra 21 times Horizontally clockwise and anticlockwise. Do long Hansas till you get Samadhi.

### **Materialising and dematerializing the body.**

I have materialized this body into its constituent particles.

I have discarded the dead, deceased, and inert particles into the Cosmos with the kind permission of God the Father.

With the kind permission of God the Father I have dematerialized this body into its constituent particles.

I have added the activating, dynamic, and energetic particles collected from Cosmos, and made this body fit for meditation.

Sivoham, Sivoham, Sivoham.

Anandoham, Anandoham, Anandoham, Sat chit Anandoham, Aham Brahmasmi, Aham Brahmasmi, Aham Brahmasmi.

Then get into long meditation. That is take a long breath. Hold it as long as possible. Hear the sound of OM or behold Light whichever

comes first. Enter into Light or sound.

When you cannot hold the breath further, then exhale it or breath out. Hear the sound of OM or behold Light whichever comes first. Enter into Light or sound.

If you get samadhi in any chakra just cease all other activities like proceeding to upper chakra etc.

Samadhi means sama (merging with) adhi( Paramatma). Do long hansas till you get Samadhi.

### **Merger and expansion technique**

Sit erect in Vajrasana, Padmasana or Sukhaasana with Gnaana Mudra. Face east or north. Get relaxed. Fix the gaze in kootastha.

### **Rub both palms vigorously for 30 seconds. Now say**

“OH Viswa cosmic consciousness of my Physical Body, namaskar, give me health.

“OH Virat cosmic consciousness of Physical cosmos namaskar, Let my Viswa cosmic consciousness of my Physical Body be merged with your Virat cosmic consciousness of Physical cosmos”.

### **Tense both hands and show the stretched hands up. Now say**

OH Tejas cosmic consciousness of my Astral Body, namaskar, give me strength and vitality. “OH Hiranyagarbha cosmic consciousness of Astral cosmos, namaskar, Let my Tejas cosmic consciousness of my Physical Body be merged with your Hiranyagarbha cosmic consciousness of Astral cosmos”.

### **Tense both hands and show the stretched hands up.**

#### **Now say**

OH Pragna cosmic consciousness of my Causal Body, namaskar, give me will power, pure consciousness and wisdom.

“OH Eswara cosmic consciousness of causal cosmos, namaskar, Let my will power, pure consciousness and wisdom of my Pragna cosmic consciousness of my Causal Body be merged with your Eswara cosmic consciousness of causal cosmos”.



**My Viswa consciousness is merged with Virat consciousness , my Tejas consciousness is merged with Hiranyagarbha consciousness, and, my Pragna consciousness is merged with Eswara consciousness.**

My physical consciousness, merged with sense consciousness, merge sense consciousness consciousness, consciousness consciousness and soul consciousness into Paramatma consciousness. into mind consciousness, mind consciousness into Buddhi

Buddhi consciousness into  
into ego consciousness,  
Chitta consciousness, Chitta ego consciousness into soul  
**Now say mentally** I am not the body, I am the consciousness. My consciousness is existing throughout my body.

Now my consciousness is spreading through this room, this street, this town, district, state, country, continent, continents and throughout this earth. Now My consciousness is spreading to all the planets of solar family that is earth, mars, Saturn, Jupiter, venus, mercury and sun.

Now My consciousness is percolating through the milky way of galaxies. Now My consciousness is permeating through all the galaxies.

Now My consciousness is merged with Krishna/Christ consciousness. Now My consciousness is merged with cosmic consciousness. My mind is universal mind. All the water bodies are my blood. The stars are my cells. The mountains are my bones. I am timeless. I am spaceless. I am the auspicious one.

# Sivoham, sivoham, sivoham.

I am the embodiment of Ananda. Anandoham, Anandoham,  
Anandoham, satchidanandoham.  
Aham Brahmaasmi, Aham Brahmaasmi, Aham Brahmaasmi.

## **Vasudeva Kriya**

Sit erect in Padmasana, Vajrasana or Sukhasana.. Fix your gaze in Kootastha. Face north or east. Apply Khecharee Mudra.

### **VASUDEVAKRIYA 1**

Apply Khecharee Mudra and inhale deeply. Apply Sahaja mudra.

**Inhale:** Gradually press with both the hands the lower abdomen while inhaling.

While pressing concentrate in that chakra and say

“Om” in Mooladhara Chakra, “Na” in Swadhistaana Chakra, “mo” in Manipura Chakra, “Bha” in Anahata Chakra, “Ga” in Visuddha Chakra and “Va” in Agna Positive Chakra skipping Agna negative Chakra in ascending order.

**Exhale now:** While descending slowly release the pressure gradually in lower abdomen. While releasing concentrate in that chakra and say “Te” in Agna negative Chakra, “Vaa” in Visuddha Chakra, “su” in Anahata Chakra, “De” in Manipura Chakra, “Va” in Swadhistaana Chakra, and “Ya”. While saying “Te” in Agna negative Chakra concentrate in that chakra, move/rotate the neck to left side and say “Vaa” in Visuddha Chakra without losing concentration, bring back the neck to normal straight position and bend it downwards and say “Su” in Anahata Chakra without losing concentration.

**Fixing of mind & gaze in a particular chakra is called concentration.**

Agna Positive Chakra “Va” D D Agna negative Chakra “Te”  
Visuddha Chakra “Ga” N E Visuddha Chakra “Vaa” Anahata Chakra  
“Bha” E S Anahata Chakra “Su”  
Manipura Chakra “mo” C C Manipura Chakra “De”

Swadhistaana Chakra “Na” S N SwadhistaanaChakra “Vaa”

Mooladhara Chakra “Om” A D Mooladhara Chakra “Ya”

The Beejaksharaa to be uttered/chanted in Chakras in Ascending and Descending order is given above.

Going from Moolaadhara to Agna positive, and from Agna positive to Mooladhara uttering/chanting appropriate Beejaksharaa is one Kriya. Like this 12 kriyas are permitted.

## **VASUDEVAKRIYA 2**

Procedure to be adopted in VASUDEVAKRIYA 2 is same. The only difference is rotating or moving the head. We rotate only one time in VASUDEVAKRIYA 1 while saying “Te”, “Vaa” and “Su” respectively in Agna negative Chakra, Visuddha Chakra and Anahata Chakra.

In VASUDEVAKRIYA 2 we can rotate/move the head maximum up to 24 in one Kriya. Like this 12 kriyas are permitted.

The purpose is to obtain Samadhi, the oneness with God the Father. The Sadhaka while drawing the Breath, guides the life currents and Consciousness to the Christ Centre. The Sadhaka is making the Head into a Magnet. While doing this, all straying or eddy currents through out the nervous system is drawn towards the spinal cord and sent upwards through the Six plexus/Chakras. These withdrawn currents are focused in Pineal glands, Medulla and Cerebrum.

Then this focussed currents are passed into the Spirit. The rotation of Head will make the Head into a Magnet. The Sadhaka will enter into Samadhi. In this Samadhi the light of the body merges with the light of the Spirit. When this happens the Sadhaka(Meditater)(Dhyaata) Meditation(Dhyaanam), and the object of Meditation(Paramaatma) (Dhyeyam) becomes one.

## **HEALING PRAYER**

Heavenly father, thou art omnipresent, thou art in all thy children, manifest thy healing presence in all their bodies.

Heavenly father, thou art omnipresent, thou art in all thy children,

manifest thy healing presence in all their minds.  
Heavenly father, thou art omnipresent, thou art in all thy children,  
manifest thy healing presence in all their souls.  
Chant OM for universal peace and brotherhood.

# Om Jaye Jagdish Hare

Om Jaye Jagdish Hare / Swami Jaye Jagdish Hare Bhagt Jano Ke  
Sankat / Khshan Mein Dur Kare ... Om Jaye Jagdish Hare ||

Jo Dhaywe Phal Pave / Dukh Vinshe Man Ka  
Sukh Sampati Ghar Aave / Kasht Mite Tan Ka ... Om Jaye Jagdish  
Hare ||

Maat-Pita Tum Mere / Sharan Gahun Kiskee  
Tum Bin Aur Na Duja / Aas Karun Jiskee ...  
Om Jaye Jagdish Hare ||

Tum Puran Parmatma / Tum Antaryami  
Par-Brahm Parmeshwar / Tum Sabke Swami ... Om Jaye Jagdish  
Hare ||

Tum Karuna Ke Saagar / Tum Palankarta  
Mein Moorakh Khal Kami, Mein Sewak Tum Swami Kripa Karo  
Bharta ... Om Jaye Jagdish Hare ||

Tum Ho Ek Agochar / Sabke Pran Pati  
Kis Vidhi Milun Dayamay / Tumko Mein Kumti ... Om Jaye Jagdish  
Hare ||

Deenbandhu Dukh Harta / Tum Rakshak hai Mere Apne Hath Badao,  
Apni Sharan Lagao Dwar Para Tere ... Om Jaye Jagdish Hare ||  
Vishay Vikaar Mitao / Paap Haro Deva Shradha Bhakti Barao /  
Santan Ki Sewa ... Om Jaye Jagdish Hare ||

Tan Man Dhan / Sab Hai Tera  
Tera Tujhko Arpan / Kya Lage Mera ... Om Jaye Jagdish Hare |

# Upanishad prayers:

Om sarveshaam swastirbhavatu, Om sarveshaam saantirbhavatu  
Om sarveshaam poornam bhavatu Om sarveshaam mangalam  
bhavatu Om sarve bhavantu sukhinaha Om sarve bhadraani  
pasyantu Om sarve santu niraamayaaha

maa kaschit dukkha bhaag bhavet Om asatoma sadgamaya  
tamasoma Jyotirgamaya  
Mrityormaa Amritam gamaya Ompoornamadaha poornamidam  
poornaad poorna mudachyate Poornasya poornamaadaaya  
poornamevavasishyatu  
Om Santihi Om Santihi Om Santihi Namostestu sahasrakritwaa  
punascha bhooyopi namo Namaste Namaha purastaatha  
prishtatasthe namostute sarvataa eva sarvam. Om Santihi Om  
Santihi Om Santihi